

**Nurses Week Is Coming!
Join the Celebration
Starting May 3rd!**

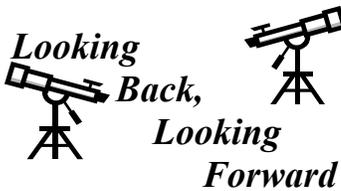
PULSE the

**Shoreline Community College
Association of Nursing Students**

SPRING 2004 • VOL 5 • ISSUE 1

From the Program Director

by Dr. Janice Ellis



BY NOW many of you have heard that this is my last year as Director of the Shoreline Community College Nursing Program. After more than 30 years on this faculty, I will be retiring. I am not planning to retire to bonbons and soap operas on TV; however, I will continue to be involved with nursing in a variety of ways. I am looking forward to new professional challenges, new

areas to explore through travel, and more time with grandchildren. I will miss the ongoing student contact and the outstanding faculty and staff that I have had the privilege of working with throughout the years. The process of choosing a new director will begin soon. The plan is to seek an internal candidate for the position.

This occasion seems a good time for “looking back” over the history of the program. When I arrived as a part-time faculty member in the fall of 1968, the Shoreline

Community College Nursing Program had graduated its first class the previous June. Large classes were admitted each fall and faculty stayed with the new group throughout the first year and another group of faculty worked with second year students. The program started out teaching in various rooms around campus with offices for faculty in temporary trailers on the west side of campus.

Then in 1972 the Nursing Program moved into the current building, which was funded entirely by a federal Public Health Services grant to support Nursing Education. Faculty had real offices, there were good classrooms, and everyone was excited about the new setting. While the new building was a tremendous move forward, the facility had its deficits from the beginning. There were no classrooms in the lower level of the building, there was no real skills lab, only a bed set up in Room 2346 with some materials there for demonstrations.

From its inception, the Program sought and received national accreditation, first from the National League for

Nursing and now from the National League for Nursing Accrediting Commission. Curriculum for nursing was much different then. A syllabus was a few pages. The only clinical paper work was a half sheet of information on each

“I will continue to be involved with nursing in a variety of ways.”

patient. Nurses did not auscultate lungs or abdomens or hearts. There was no standardized

nursing diagnosis language. I even commented at the time that no one expected medical students to identify a problem and then devise a name for something. They had names to use like “congestive heart failure”. But that is what we expected nursing students to do because nurses had no common language. We used some of today’s facilities but also hospitals that no longer exist: Seattle General, Northgate, and Waldo.

Over the years nursing changed and this program changed. We were at the forefront of introducing content on death and dying. **Elizabeth**

(continued on page 3)

SINCE THEIR OFFICES are lined with glass, you can’t help but notice the people working near the entrance of the 2300

Who’s Behind the Glass?

building. The secretarial staff you’re seeing on the other side handles the six departments (including nursing) of the

Health Occupations and Physical Education (HOPE) division. And that’s no small task. **Lisa Hickey, Judy Proffitt and Pam Doyon** are the people you’re most likely to encounter when you visit the front office. Lisa is Division Secretary, and supervises the other secretaries. She coordinates the class schedule, sources rooms for classes and events, and is overseeing the introduction of the online nursing application.

Judy, Senior Secretary, has been a part of Shoreline since 1970, and handles the Health Care Information and Medical Laboratory Programs. She knows where all the skeletons are hidden (no, not the ones they use in A&P). And, even though she’s been here longest, don’t go straight to her for answers about the nursing program. She’s got her hands full with her own departments. Go to Pam. As Nursing Program

secretary, Pam is our contact. She joined the department at the end of 2003, and already has absorbed a lot of knowledge.

And guess what...they have lives OUTSIDE of these programs. I know, it sounds incredible, but here’s what *The Pulse* found out.

Lisa is a world traveler and accomplished photographer and both she and her husband have

(continued on page 4)

A Message from Your Co-President

Hey Gang, well, Winter quarter has come to a close and spring is in the air! 2004 is shaping up to be filled with excitement and hard work in the nursing program. SCCANS is in full swing for a fun filled year and we are excited to announce three new officers: **Heather Stoddard** (3rd quarter) will be the new co-president, **Cathy Marsh** (3rd quarter) will be the new co-Treasurer, and **Laura White** (3rd quarter) will be the new co-secretary. In addition, **Eric Blankenship** and **LT Arnold** (2nd quarter) have taken on the daunting task of organizing the Brown Bag lunches that we have all grown to love. If you have any ideas for future BBs let either one of them know.

I would like to extend a special welcome to the new 1st quarter students. I have had the opportunity to meet most of you at orientation and I look forward to having you as a part of the nursing program. If there is anything that SCCANS can do to help enrich your experience, feel free to contact me or any of the SCCANS officers, or better yet, get involved in your student organization!

Our first SCCANS meeting was on April 5th at 12:30 in 2316, where we put the finishing touches on the April 7 Welcome Breakfast for new students. All nursing students are encouraged to attend future SCCANS meetings!

Nurses Week is coming up in May! We will be celebrating nurses on May 10th and plan to have a great celebration. To kick off Nurses Week on May 3rd we will be having a Recruitment Day, where many agencies will be on hand to provide information about summer and permanent jobs. It takes people to make these events great and I am asking for everyone's participation to make this a success. We will be inviting past graduates of the nursing program back as a way of networking with professionals and creating a sense of Homecoming, (there will be no football game, sorry). A very special Key Note speaker will be joining us: **Joanna Boatman**, President of Washington State Nurses Association.

Lastly, I hope that everyone has seen the announcements regarding Scholarships available to Nursing Students at Shoreline. There are four incredible opportunities to apply for these awards. The deadline is coming up on April 15th and the awards will be handed out at Nurses Day event, May 10th.

I look forward to the upcoming quarter and I hope that all of you will take the time to get involved with SCCANS.

George Baxter, 5th quarter
SCCANS Co-President

SCCANS Officers Spring 2004

Co-Presidents:

George Baxter
Heather Stoddard

Co-Treasurers:

Cathy Marsh
Geni McNutt

Co-Secretaries:

Laura White
Jennifer Taylor

Class Representatives:

- 1st To be announced
- 2nd Eric Blankenship,
Holly Davis
Michelle Ehm
- 3rd Melissa Christiansen,
Michele Crawford
Lori Mittleider
- 4th Danielle Holcolmb
- 5th Jon Emery
- 6th Alysia Bronson

Curriculum Committee

Representative:

Sheri Fleming

Evaluation Committee

Representative:

Kara McCullough

Faculty Meeting

Representative:

George Baxter

LPN Mentor:

Amy Becroft

Brown Bag Coordinators:

L.T. Arnold
Eric Blankenship

1st quarter Welcome and Mentor:

Available: Apply now!

The Pulse:

Scott Moran
Kristin Bohreer
Stephanie Covell
Shannon Coughlin

Publicity/ Notices:

Available: Apply now!

Graduation/Special Projects:

Audrey Allard, Alyona Franz

Web Site & Yahoo list:

Norman Jacobowitz
Amy Edge-Salois
Lisa Tufts

Nursing Tips

As promised, *The Pulse* presents you with a valuable formula from the pages of *Practical Points in Nursing*, copyright 1903. W.B. Saunders Company. It's almost certain that your instructors have not shared this with you (another blatant example of their maintaining their professional hegemony by withholding important technical information). But *The Pulse* says knowledge is power! So, here it is: the recipe for the **Starch and Laudanum Enema**.

The text states, "A starch and laudanum enema is to check diarrhea. The starch is prepared as for laundry use, except that it should be thin enough to pass through the syringe; then the quantity to be used, usually two- and one-half or three ounces, is measured, and to it are added 30 drops of laudanum, this being the usual quantity ordered. The enema is to stand until lukewarm before being injected."

[Editor's note: We're not sure, but we suspect the result is a well-formed, wrinkle-free stool]

What Is It? That's right, it's a Sputum Cup.

According to *Practical Points in Nursing*, the cup may be used to catch the sputum of patients ill with pneumonia (for which there were no antibiotics at the time) or croup. The paper lining can be removed, and the cup boiled for reuse. Nice!

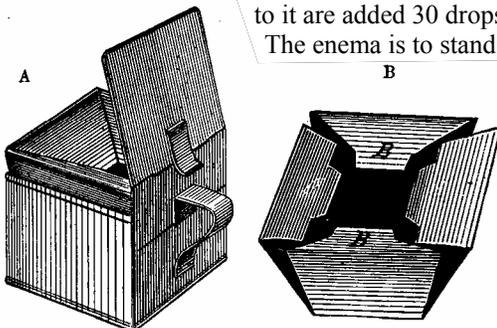


FIG. 70.—Sputum-cup: A, the cup; B, the paper lining.



Prying into Private Lives

Step into Patti Kajlich's (bowling) shoes!

THE CLINICAL and lab instructors...they're the unsung heroes of Shoreline's nursing program. An entire class shares the same lecture instructors. But sometimes we know our classmate's clinical instructors only by name. For example:

Patti Kajlich. Who is she?

Patti grew up in Bremerton, the eldest of six children. As the eldest she helped raise her siblings. "I was born into service," she says.

She chose nursing as a career because she "liked the uniform." Of course, there was more to it than that. "Nursing is a calling, a vocation," says Patti. "Once you gladly go that extra mile you gain so much more than if you never make that commitment."

Patti attended the diploma program at St. Joseph's Hospital in Tacoma and graduated as an RN in 1969. She went to work on the medical floor at University of Washington Medical Center, but before long gravitated to Med/ICU for

the excitement, and where she felt she could do the most good. One benefit of working at UW at the time was access to cheap travel. She bought a one-way ticket to Europe, and joined two nursing friends to work all over the continent.

During part of her stay, she worked for "The Stars and Stripes," the newspaper

that serves the U.S. armed forces

around the world. Her job? "I was

Santa Claus," responds Patti. "I answered the letters to Santa mailed in from the children of military personnel in Europe. We'd then select a few of the letters and reprint them in the newspaper." She adds, "spending time overseas gave me a broader perspective, a world view. I highly recommend extended travel as a maturing experience."

She did return, however.

"Once you gladly go that extra mile you gain so much more than if you never make that commitment."

For a while. Once back, she met the man she would later marry. "I was the evening charge nurse at Northwest Kidney Center," says Patti. "He was an anesthesiology resident at the University of Washington." Was it kismet? Did they bump into each other during rounds, or lock eyes at a clinical symposium? No. They met the old fashioned way. *In a bar.* Still, it was a genuine, doctor meets nurse, straight from the pages of a romance

novel love story. They married and promptly moved to Honolulu (whew!), where Patti continued work as an ICU nurse.

They came back after a year, settled in the Seattle area, and Patti joined Steven's Hospital ICU. In 1977, while six months pregnant, she convinced Shoreline to hire her for the nursing program. She taught until 1981, when she felt it was time to focus more on family life. She had two more children, received a Master's degree in Science in 1989, consulted in private case manage-

ment for geriatric care, and did some home health nursing before returning to SCC in 1998, where she's been since.

There's an easy way to spot Patti during clinicals at Steven's. Check her shoes. If the nurse you're talking to is wearing genuine AMF bowling shoes, it's Patti. Her brother bought a bowling alley in Bremerton, and gave her the pick of the shoes. She swears that they were new, not the stinky rental ones, and that they're the best nursing shoes she's ever owned.

[Editor's note: On December 7, 2003, Patti's son, Andre, was struck by a subway train while attending Karel's University in Prague. The good news is that he survived and, with Patti's help and leverage, is now well on the way to recovery. Sadly, he lost both legs in the accident. Please join us in wishing Patti, her son and the rest of Patti's family our best wishes for a speedy and exceptional outcome! If you like, you may post your wishes to a Web site developed just for Andre. You can visit it at:

<http://www.voy.com/168659/>]

Dr. Ellis: Looking Forward, Looking Back, cont. In

Nowlis, a former faculty member went to England for a summer in the early '70s and came back eager to help us integrate concepts of hospice into course work. She also served as a founding board member for Hospice of Seattle. We adopted the use of North American Nursing Diagnosis Association early in its life and began to help students use this to frame their understanding of what was happening for patients. A stable and committed faculty continued to enrich the curriculum and assure that it kept up with current nursing practice.

the 1980s this Program was one of six W. K. Kellogg Foundation funded demonstration sites for the Community College-Nursing Home Partnership Project. We initiated teaching management in a long-term care setting and enriching the gerontological content in our program. After our curriculum change was firmly in place, the faculty spent three years presenting with faculty from the other demonstration projects at conferences and meetings around the country. Today it is rare to find associate degree programs that do not

include gerontological concepts, nursing home experiences, and management roles in their program.

This forward thinking brings us to the Nursing Program of today and the plans for tomorrow.

For today we know that Program graduates are in high demand in the community. Their preparation is acknowledged as excellent. Pass rates on the NCLEX RN are high. Graduates can be found in all areas of nursing practice and many are moving on to further education as well.

We do not know what the

future will bring, but the faculty is committed to remaining current in nursing practice and supporting success for our students both within the program, and after graduation. There are changes ahead. The College continues to seek funding for a new Allied Health Building, which would provide more up-to-date facilities. The faculty is in the process of evaluating the current curricular plan and determining what changes are needed for the future. A new director will be in place. New faculty will be hired. We move forward!

Volunteers needed:

+ The American Red Cross is looking for volunteers to teach health- and safety-related classes in a variety of school and community settings. Each position involves a commitment to teach 10 classes by a specified time, followed by at least one class per quarter. Training and materials are provided by the American Red Cross. This is the kind of volunteer service that looks good on a résumé, application for advanced education, or a CV. For more information, contact **Katie Kramer**, Volunteer Services Coordinator, 206-726-3566, or email her at Katie.Kramer@seattleredcross.org.

Nurses Week is Coming!
Don't miss our celebration on **May 10, noon–3pm at the Automotive Showroom, featuring Joanna Boatman, President, Washington State Nurses Association. See flyers for details!**

Spring Graduation Ceremonies. You're Invited!

Thurs, June 10, 1600, SCC Theater

(Volunteers are needed to help. See your class SCCANS rep to sign up.)

And don't miss the SCC Commencement Ceremonies, June 6!

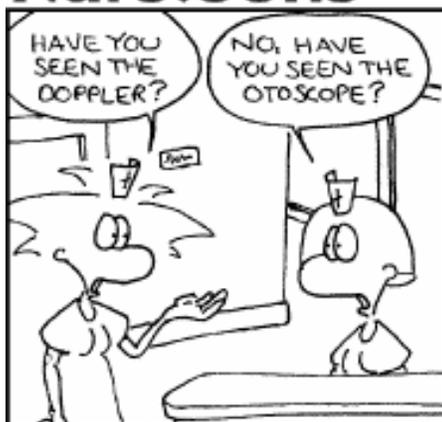
Brown Bag Seminars

These lunchtime events bring speakers from the healthcare community to share their knowledge and experiences with you. (You may be eligible for EXTRA CREDIT for attending. See your instructors for details.)

Monday, April 12, 1230-1330,
Automotive Showroom
Anna Kriskova, RN, MS, PhD
Fulbright Scholar
International Nursing

Monday, April 19, 1230-1330,
Automotive Showroom
Mary Larson, RN, Pioneer Square Clinic
Nursing, Art, and Helping Under-served Populations.

Nurstoons



by Carl Elbing

www.nurtoon.com

Who's Behind the Glass, cont...

lived overseas. Lisa currently is in the throes of pursuing a double major at Shoreline: Business Tech and Photography. Judy has two degrees from Shoreline: General Studies and Pharmacy Transfer. She loves to swim, and counts "Forbidden Planet"

(great '50s SciFi) among her favorite movies. Pam was a Bellingham resident until recently, working in K-12 school offices and at Western Washington University. She quilts, takes long walks, golfs (which has been described as a long walk spoiled), and has a 15-year-old dachshund.

Their message to nursing students is: we're here to help, so feel free to drop by. Please understand that the times surround-

ing application deadlines of January 10, April 10 and October 10 are especially busy, and it may be more difficult for them to get to your issue immediately. Also, budgets are pretty tight, so please refrain from asking them for supplies, to use the phones, or the photocopier. And they can't extend access to the faculty lounge to students except for special, pre-arranged events.

Just remember that Lisa, Judy and Pam are excellent resources for answers to your questions about the HOPE programs. Of course, you don't need a reason to say hello as you pass by the glass wall. That's their favorite kind of student contact.

NCLEX Changes!

Be sure to visit the NCLEX Web site to learn about recent format and content changes in the NCLEX. Questions with answers such as "select all that apply" (sound familiar?) and calculations that require you to show your work are just two of the changes. To learn more, go to www.NCSBN.org.

Puzzle Fun for Busy Nursing Students. Connect the Dots

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